

Ardingly White Bird Triathlon/ Duathlon

RACE DAY INFO/CHECKLIST



6th June 2021

Race information

EVENT STAGED BY Hedgehogtri Events

COVID-19 MEASURES

- * All Covid-19 measures listed here are subject to change dependant on Government guidance.
- Please no spectators.
- Please ensure no mixing with other family groups, stay within government guidelines.
- Keep a minimum of 2m from others, during set up, racing, and collecting equipment.
- No mass race briefing there will be an online video briefing a link will be emailed to you.
- Competitors will be called in groups of 10-20, to the Start assembly area prior to starting.
- Note there is no changing facilities available so come race-ready.
- Run Course is changed to allow for Social Distancing over the route.
- We ask that as soon as your race is completed, collect your equipment and leave the venue.
- * Toilets are available in the Activity Centre, Face coverings must be worn whilst inside, only 2 male/female allowed in at any time, please queue outside in SD format.

PRIOR TO RACE DAY

- Race Ticket will be emailed to you, download to your device, or print off.
- On the Race Ticket will be your Arrival Time, Registration Time and estimated Start time.
- Please complete the 'Health Declaration', please list any persons who travelled with you, available 5 days prior to race start (Weds morning 0800hrs) LINK IN THE APPENDIX BELOW

VENUE

- Address: Ardingly, Reservoir RH17 6SQ

RACE DAY EVENT TIMETABLE (some end times approximate)

05.30 Registration opens
07.00 Race start (standard/ Aquabike)
07.30 Registration closes
07.45 approx. Duathlon start
07.45 Race Start (Sprint/ Youth)
07.55 approx. Race start (Superprint)
10.45 approx. Expected finish
All above timings dependant on numbers entered.

ARRIVAL

- * Parking will be open from 05.00hrs
- * Areas to park are College student parking, Pre-Prep School parking then finally the Reservoir parking (payment required - £1)
- * All arriving competitors will be parked in the college areas, then unload and walk to the

registration area.

- * Please arrive to be able to register at the time on your Race Ticket.

REGISTRATION

- Please wear a face covering
- * Please register at the time stated on the Race Ticket.
- Opens at 05.30 and will close at 07.30 prior to the start.
- You will be given a wrist band with your bib number on it when registered, attach to your wrist asap- this will allow you access to transition.
- Race Packs will be at your numbered racking position, which contains . . .
- * Two race numbers (back for the cycle, front for the run) -remember no folding of the number is allowed- Race belts can be used – number must be shown correctly at all times.
- * Race labels for your helmet, cycle and any small bag.

CYCLE TRANSITION

- We ask that if busy PLEASE WEAR A FACE COVERING
- Approach the non-racing entrance WEARING your CYCLE HELMET ready for the check.
- Cycle check may also be carried out on bar end stoppers, no illegal equipment.
- We check with you that YOU are happy with the safety of the cycle.
- Find your race position and open Race Pack.
- Rack your cycle on your numbered position.
- Cycles are alternately along the rack, where possible so check which way your number is facing. Even Nos face left, Odd Nos face right.
- PLEASE NOTE: a temporary change in rules allows a small bag allowed at your racking point. No large bag/box storage.

RACE BRIEFINGS

- Current guidelines ask for an ONLINE BRIEFING VIDEO ONLY
- A link to this will be emailed to you.
- A short update will be given to each small group before starting.
- All starts are individual (including Duathlon – during these current times)

THE RACE -



SWIMMING SECTION

- You will be called in small groups to an assembly area in numbered groups – please listen out around transition area.
- * Starting will be in numbered order.

STANDARD TRIATHLON START

- * Distance 1.5km swim
- * The small group keeping SD will be updated on any changes and counted into the water one at a time.
- * The course is 2 LAPS of the triangular course, then between the marked bouys to finish on the Slipway.
- * All starts will be individual (10seconds) so please be ready when it is your turn.

SPRINT START

- * Distance 750m Swim.
- * The small group keeping SD will be updated on any changes and counted into the water one at a time.
- * The course is 1 LAP of the triangular course, then between the marked bouys to finish on the Slipway.
- * All starts will be individual (10seconds) so please be ready when it is your turn.

SUPERSPRINT START

- * Distance 200m Swim
- * The small group keeping SD will be updated on any changes and counted into the water one at a time.
- * The course is out to highlighted marker bouy>return>finish on slipway.
- * All starts will be individual (10seconds) so please be ready when it is your turn.

SWIMMING CONDUCT & RULES

- * Wearing of wetsuits is mandatory, with water temperature under 23degrees (race rule).
- * Swim in a clockwise direction keeping the large pyramid/ cylinder marks on your right handside.
- * Do not impede any other swimmer.
- * If you need assistance then turn over on to your back and wave arm(s).
- * There will be support lifeguards/ kayaks and a power boat on hand to assist you if required.
- * If you are new to open water swimming please ensure you practice before the race, it is very different to swimming in a pool.

DUATHLON

From the Finish area. Individual start (10seconds apart) from 7.45am

TRANSITION

Locate your cycle, before touching your bike put on and secure your cycle helmet.

Take your cycle and walk/run to the cycle exit (Do not ride).

Stop and mount in a marked area.

Check the way is clear and start your cycle section.

RELAY (Transition)- by Swim In

Relay details

CYCLE SECTION



- * Standard Tri /Aquabike = 2 Laps 46km
 - * Sprint / Supersprint Tri's = 1 LAP 23km
 - * Follow large signs black arrows on yellow background
 - * Marshals at each turning point all left turns
 - * Cycle finish is just next the car park entrance where you dismount.
 - * GIVE WAY to all reservoir users on return, care of road surface (Speed humps)
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- When on the highway the rules of the 'highway Code' MUST be followed. Failure to do so will mean disqualification and risk the event in the future.
 - There is 'NO Drafting' meaning you keep 10metres from the cyclist in front, unless overtaking. If overtaken, YOU must drop back 10metres.
 - Marshals/ Raynet Communications around the course turning points.
 - Follow the TRIATHLON signage 24"x18" bright fluorescent yellow with black writing/ arrow.
 - Please obey the marshals if told to stop.
 - Dismount before the dismount line as instructed.

There will be marshals on each turning point, if you have noticed a fellow competitor having problems i.e. a puncture, please let the next marshal know then we can come and help them out with a lift back. Remember: You are responsible for your own safety on the highway and follow THE HIGHWAY CODE.

TRANSITION FROM CYCLE TO RUN(T2)

Place your cycle in the correct numbered position before unfastening and taking off your cycle helmet. When ready run through the 'Run out' exit on to the run.

RELAY -Transition Cycle to Run

Runner must be by the Relay sign marked 'R' (cycle to run) and standing in the marked box.

The cyclist must rack the cycle remove the cycle helmet, BEFORE tagging the runner.

RUN



- * Standard Tri 2 LAPS (7km)
- * Sprint Tri 1 LAP (3.5km)
- * Supersprint Tri 1 short LAP (2.2km)
- * Duathlon 2nd Lap = 1 SHORT lap (2.2km)

LINK IN THE APPENDIX BELOW FOR MAPS AND VIDEO

- Run route map <https://hedgehogtri.co.uk/raceinfo/raceinfo.php>
- Each run Long lap is 3.5km (Short lap 2.2km supersprint/Duathlon -2nd)

- No water stations please BRING OWN WATER IN OWN CONTAINERS (covid)
- * Keep 2m distance form others unless overtaking, do so in wide fashion.(covid)
- * Do not run with or directly behind others (covid)

Finish:

Please collect your medal, collect equipment and leave asap. (covid)

TIMING

Times are taken manually at: Start, End of Swim(or end of 1st Run), Start of Run & Finish. So both cycle transitions will be in the Cycle time.

Just a few basic race rules:

- Use of MP3 players/ Go Pro or like video and mobile telephones anywhere around the course is prohibited.
- Cycle helmet must be worn and fastened when cycle is in use.
- No riding or running together, triathlon is an individual event.
- Race numbers must be visible at all times, on your back for the cycle, on your front for the run. If we can't see the number we can't give you a time.
- Only competitors allowed in the cycle transition area.
- Cycling- keep 10metres away from the cyclist in front unless overtaking. If overtaken you must drop back 10metres.
- On the Run keep minimum 2m from person in front, overtake wide. Do not run with or directly behind a fellow competitor. (covid)
- Littering is not allowed, there are bins marked on exit from transition for any Gel packs, bottles etc. If you throw down litter you will be penalised as per event rules.
- Please go to: <https://www.britishtriathlon.org/competitionrules> website for all the race rules.

RESULTS

- The full interim results will be posted on the web on the same evening. Any issues are to be raised with the race organiser ASAP.
- On the following Wednesday the results will be declared final.

PRIZES

See prize list on link <https://hedgehogtri.co.uk/prizes.php>

Trophies will be posted out (covid)

TOILETS/ CHANGING

Toilets in the ACTIVITY CENTRE please remember to keep Social Distance, No CHANGING or SHOWER FACILITIES. (covid)

COLLECTION OF EQUIPMENT

Please use the non-racing entrance & exit to collect equipment as soon as you can after you have finished. Leave the site as soon as possible. (covid)

FIRST AID

Supplied by WANT/East Sussex Medical and will be positioned next to transition.

Officials

- Race Director – Stuart Smith
- Welfare Officer - Jacqui Smith
- Swim Starter - Paul Hedger
- Cycle Course – Phil Pedley
- Run Course – Paul Hedger
- Timing – Andy (Timelord)
- Triathlon England Technical Official - TBC

Any issues regarding the event please see the official.

Questions? then please email us stuart@hedgehogtri.uk

APPENDIX

COMPLETE THE HEALTH DECLARATION FORM (list all attendees)

[Click here](#)

SWIM MAP

[Click here](#)

RACE DISTANCES/ MAPS/ VIDEO

[Click here](#)